OTTAWA
metro®
Monday, November 22, 2010
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40% of Canadians can't bear to read their wireless bill. So we did.

(See inside)

You'll be shocked at what we found.

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Get a $25 Mobilicity plan and you'll pay – wait for it - $25.

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Wireless Bill

Wireless

Wireless Services for 555-555-5555

MR. A. NONYMOUS

Regular charges

Ending	Aug 12	Wireless usage	$176.26
	Aug 13 - Sept 12	Monthly Plan $35	$35.00
		Call Features Bundle	$12.00
		9-1-1 Emergency Access Fee	$0.75
		System Access Fee	$6.95
		Total before taxes:	$230.24
		HST	$29.93
		Total for Wireless:	$260.17

Wireless usage summary ending Aug 12/10

Type of usage	Usage Description	You used	Unit of Measure	Total cost ($)
Voice	1000 Eve/Weekend	8.00	Min:Sec	0.00
Voice	100 Weekday Minutes	100.00	Min:Sec	0.00
Voice	Airtime Charges			$35.35
Voice	Long Distance			$67.92
Data	Data and Other Charges			$72.99
			Total wireless usage:	$176.26

DATA GUIDE ?
1 MB = 1024 kb
1 GB = 1048576 kb
1 GB = 1024 mb

911

Sure it's only $0.75. But is it fair? Nobody should have to pay extra every month for access to emergency services.

And with Mobilicity, you don't.

TOTAL AMOUNT

Ouch! So much for that $35 plan, eh? Seems every little thing you do with your phone adds up.

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ADDITIONAL USAGE

Go over your monthly amount of talk and text and – ka-ching! – it's money out of your pocket. And into your provider's.

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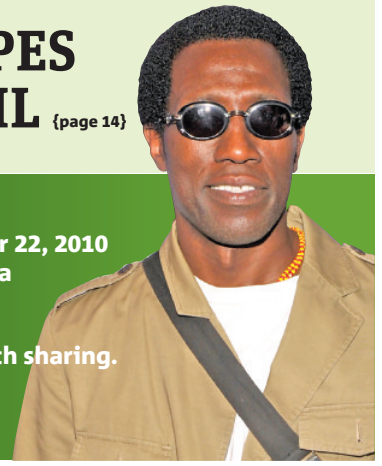
IT'S A GREY CUP REMATCH
ALOUETTES, RIDERS TO MEET AGAIN {page 23}

SLAMMER

WESLEY SNIPES GOING TO JAIL {page 14}



OTTAWA metro®
Monday, November 22, 2010
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News worth sharing.

Doucet's dissent over Lansdowne

Site plan calls for moving the Horticulture Building ◗ Outgoing city council to vote today on specifics of redevelopment ◗ Doucet says 'lame duck' council shouldn't be deciding Lansdowne Park's future

When the outgoing city council votes today on a site plan for the redevelopment of Lansdowne Park, the project's most vocal opponent, Coun. Clive Doucet, is in little doubt of the outcome.

"The council has been absolutely steadfast in giving away the park. I assume they're going to do the same thing tomorrow," he said, adding that he will move to defer the matter to the newly elected council.

Doucet said that as the constant, sometimes isolated, voice of dissent on the Lansdowne Live partnership, he has sometimes felt like the boy in The Emperor's New Clothes: "Most of the media have been saying all along 'It's a great parade, the emperor looks terrific, except we've got this really annoying little brat who won't shut up in the corner here.'" STEVE COLLINS

Holiday. Hijinks

▶ Roseanne Boulanger, left, and AnnaMarie Deleo laugh as their friend, Giovanna Costa, goofs off with a Christmas wreath in the ByWard Market yesterday.

TRACEY TONG/METRO

ByWard Market gets into the holiday spirit

Local

Talking transit in Ottawa

◗ Summit looks into ways to make Capital Region less car-dependent {page 4}

Polygamy under review

B.C. Supreme Court looking at freedom of religion {page 6}

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A sensational gesture of thanks

With two kids to look after, Nancy Bélanger doesn't always have time to volunteer in her community as much as she would like to.

That is why she has donated more than $1,000 to United Way, knowing that she was able to make a difference.

"I haven't had time myself to contribute and volunteer. At least by giving money, I can support in that way to help people in need," said Bélanger.

She was among the 4,500 people who attended the exclusive SENSational Sunday event organized by United Way to thank those who have given at least $1,000 to the campaign.

Hockey legend Phil Esposito and players from the Ottawa Senators made appearances throughout the afternoon while kids skated on the ice surface and had their faces painted.

"We really couldn't raise the kind of money we raised in this community without having a large amount of people who are giving a pretty considerable amount," said 2010 campaign chair Cassie Doyle.

So far, donors have helped United Way raise $26.4 million — about 80 per cent of this year's goal.

JOE LOFARO

JOE LOFARO/FOR METRO

▶ A boy skates at Scotiabank Place yesterday during the United Way SENSational Sunday.

Chorus vocalists sing like real men

Every Christmas, about 100 men sing holiday classics Director guides things like tone and posture

JOE LOFARO
OTTAWA@METRONEWS.CA

I've been told that I'm a terrible, monotonous singer.

So when I decided to take part in a rehearsal of Ottawa's largest all-male a cappella group, I didn't know what to expect.

The chorus practises for about three hours every Monday at the Ron Kolbus Lakeside Centre. By the time the rehearsal is finished, you're out of breath — at least I was.

I was intimidated, and I wasn't alone, even among more experienced singers.

Looking back on his first time, chorus member Chris MacMartin remembers being intimidated by "the powerful sound.

"You got 100 guys up here, so it's a lot of good singers," said MacMartin.

"A lot of my friends talked about it, so I thought I would give it a try. I enjoyed it very much."
ROBERT LAWRENCE, NEWCOMER

In the middle of the rehearsal, a youth quartet belted out Silver Bells like it was nobody's business. The group said last year's Christmas show was a success and are looking forward to doing it again.

"The show itself was fantastic — it was amazingly scripted and we (had) close to 1,000 people (in attendance)," said member Seth Bocknek.

Whether or not you can carry a tune, men of all ages are invited to rehearse and have fun.

JOE LOFARO/FOR METRO

▶ Michael Black, Ryan Lindsey and Chris MacMartin, left to right, are among those performing at the annual Christmas show on Dec. 17 and 18 at Dominion Chalmers Church.

1 news

German paper rejects claims reporters covering Iran stoning case are spies. Scan code for the story.

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Market watchers get a bit of a breather as New York markets wind down ahead of U.S. Thanksgiving. More at metronews.ca

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Summit aims to make city more transit-friendly

Transport Minister Chuck Strahl will speak at lunch today ACT Canada, the National Capital Commission, and the cities of Ottawa and Gatineau are co-hosting this year's four-day conference

STEVE COLLINS
OTTAWA@METRONEWS.CA

What does a transportation expert see when he looks at Ottawa? Lots of cars — and lots of potential.

"I have to admit that it does feel really auto-dominated, like most North American cities," said Lorenzo Mele, who heads the 2010 Sustainable Mobility Summit at the Chateau Laurier this week. "But having said that, I did a really terrific walking tour with my son all around the river area down by the Museum of Civilization and up the other bridge."

TRACEY TONG/METRO

▶ ACT Canada chairman Lorenzo Mele.

Mele, who works for Markham's engineering department, chairs the Association for Commuter Transportation (ACT) Canada and organizes the summit, which opened yesterday.

Until Wednesday, Canadian and international experts will discuss ways in which to promote healthier, more environmentally sustainable and energy-efficient urban transportation, encouraging more biking, walking and use of public transit, for example, and less dependence on automobiles.

Homeless advocate sees 'time of immense opportunity'

Marion Wright, chair of the Alliance to End Homelessness, marked National Housing Day yesterday with optimism.

The federal and provincial governments, she said, are both expected to enact affordable housing strategies, possibly before the end of the year, and Ottawa mayor-elect Jim Watson has promised another $14 million annually to fight homelessness.

"This is really a time of immense opportunity at all three levels," she said.

STEVE COLLINS

10K

The number of people on the waiting list for social housing in Ottawa. The average wait is five to six years.

News in brief

'08 arrest under scrutiny

POLICE. The Ontario Special Investigations Unit is investigating an arrest and strip search of a woman by Ottawa police officers following a 2008 incident.

The SIU is probing the circumstances surrounding the incident following Justice Richard Lajoie's ruling, which was released to the public last week.

Ottawa police Chief Vern White released a statement over the weekend, which stated the force has begun a full review of its procedures and an investigation into its officers' actions.

Search leads to gun charges

CRIME. A man is facing gun charges after police executed a search warrant at an address in the Elmvale Acres area.

Ottawa police said Saturday the search resulted in an arrest and the seizure of a 9 millimetre handgun and ammunition.

Devin Mayers, 29, is to appear in court.

Fire damages residence

HOME. A house fire at a Mooney's Bay-area home Saturday evening has caused $200,000 in damages.

Firefighters were called to 748 Garner Ave., just before 8 p.m., where a fire had broken out in the basement. No one was injured.

Horse injures toddler

ACCIDENT. A five-year-old is in serious but stable condition in hospital after being struck in the head by a kicking horse on Saturday.

The child was quickly taken to hospital after Ottawa paramedics received the call at 1:38 p.m.

TRACEY TONG

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*Base MSRP of a new 2011 Jetta Sedan 2.0L base model with 5-speed manual transmission is $17,240 ($1,365 freight and PDI included). Dealer may sell for less. 2011 Jetta Sportline 2.5L base model with manual transmission as shown is $24,765. Dealer order/trade may be necessary. **Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new 2011 Jetta Sedan 2.0L base model with 5-speed manual transmission. $1,365 freight and PDI included in monthly payment. $0 down payment, $250 security deposit, and first monthly payment due at lease inception. 64,000 kilometre allowance; charge of $0.15/km for excess kilometres. Insurance, registration, registration fees of up to $46 to the RDPRM, duties, options and applicable taxes are extra. Dealer may lease for less. Offer ends December 31, 2010 and is subject to change or cancellation without notice. †Whichever occurs first. ††Based on a comparison of other 2010 and 2011 models available at the time of publication, in the compact sedan class. ‡15.5 cubic feet (0.438 m³) of trunk space gets even bigger when you fold down the 60/40 split rear seats. ‡‡There's more than 3 feet (96.7 cm) in total. It's not only more than all the competition, it's more than many larger sedans as well. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "TDI Clean Diesel" and "Jetta" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. © 2010 Volkswagen Canada.

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Do polygamy laws violate freedom?

B.C. court to review laws Bountiful case raised religious freedom questions

A B.C. court will start examining today whether Canada's polygamy laws are constitutional.

B.C. Supreme Court will hear a case that began in an obscure fundamentalist Mormon community in the province's southeast corner.

The provincial government asked the court to decide if the laws that prohibit polygamy violate the right to freedom of religion.

Last year, prosecutors in B.C. charged two leaders in Bountiful, B.C., with one count each of practising polygamy, but the charges were later thrown out.

The court is preparing to hear from more than two dozen witnesses, including former residents of Bountiful. THE CANADIAN PRESS

Ripple effect

It's a case that observers say is destined to make its way to the Supreme Court of Canada.

- Vancouver-based constitutional lawyer Ronald Skolrood, who isn't connected to the case, says the outcome could have far-reaching effects on Canada's marriage laws and will likely be appealed to the Supreme Court of Canada.
- The provincial and federal governments argue polygamy harms women and children, and men don't have a constitutional right to marry multiple wives.

New Zealand. Trapped miners

▶ Grieving family members leave after another briefing from Pike River Coal management on the 29 miners and contractors trapped underground at their Pike mine in Greymouth, New Zealand, yesterday.

ROSS SETFORD/NZPA/THE ASSOCIATED PRESS

The face of uncertainty

Underground combustion that continues to generate dangerous gases was preventing rescuers from entering a New Zealand coal mine yesterday where a powerful blast trapped 29 workers nearly two days ago. Two men emerged after the explosion Friday, but there has been no word from the 29 others.

Condom assertion not 'revolutionary'

The Vatican yesterday cautioned there is nothing "revolutionary" in Pope Benedict XVI's startling assertion that condom use in exceptional circumstances can be a responsible act in the fight against HIV.

The Holy See spokesman, the Rev. Federico Lombardi, stressed that the comment in a book being published tomorrow neither "reforms or changes" church teaching, which forbids use of condoms and other contraceptives. THE ASSOCIATED PRESS

"The Pope isn't reforming or changing the teaching of the church, but reaffirming it, putting it in the context of the value and the dignity of human sexuality as expression of love and responsibility."
VATICAN SPOKESMAN REV. FEDERICO LOMBARDI

4 dead in driving-ban defiance

A Saudi police official says a young woman in her 20s defying a driving ban died along with three female friends when her car overturned.

Officials said yesterday the woman was driving her four-wheel-drive vehicle carrying 10 of her female friends on Saturday night in an open area often used by young men in car races in the capital city of Riyadh. THE ASSOCIATED PRESS

Saudi Arabia

- Saudi Arabia follows a strict interpretation of Islam. Sexes are segregated in schools and public places. Women are not allowed to drive or vote.

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Province at odds with judge on sex laws

Government lists fears should prostitution laws be loosened Appeal to push deadline past weekend

Both Ontario and federal governments envision a nightmare scenario of minors being prostituted, rising violent crime and sex workers flocking to Ontario if courts fail to uphold key provisions of the country's prostitution laws.

Laws against keeping a common bawdy house, communicating for the purposes of prostitution and living on the avails of the trade were "contributing to the danger faced by prostitutes," said Ontario Superior Court Judge Susan Himel who ruled in September to strike them down.

The judgment, however, was subject to a stay, and the laws remain in place.

TANYA TALAGA/TORSTAR NEWS SERVICE

Chris Bentley

With the stay set to expire on Saturday, the federal and provincial governments are asking the court for an extension until a proper appeal can be heard.

Ontario Attorney General Chris Bentley refused to "speculate" on what plans the government has if Saturday comes and the stay isn't granted.

"Our position is that the laws that exist, exist to protect people and protect communities," he said.

"We don't want people to be lured into this area. We don't want communities to be dealing with this. These laws have been on the books for a reason and for a long time."

Lawyer Alan Young, who argued on behalf of a group of sex-trade workers to challenge the laws, called the governments predictions "largely speculative" and "vastly overstated."

THE CANADIAN PRESS

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HOME SCHOOLING IT'S CATCHING ON
PROS AND CONS IS IT WORTH IT? (page 30)

metro

Fantastic new species discovered

Scientists buzzing about research potential of shape-shifting marvel The creature is not yet available to the media

A team of American and Ecuadorian researchers made an accidental discovery of a stunning new species during a routine climate study in Ecuador's highland forests.

The still unnamed amphibian boasts spectacular blue skin that would look more at home in a science-fiction movie than a biology textbook, but it's the creature's shape-shifting properties that has the scientific community excited.

According to reports, the animal is capable of contorting and expanding it's body to take on dramatically different forms, returning to it's original shape at will.

Scientists are predicting that the animal's genetic makeup will lead to exciting breakthroughs in a multitude of fields ranging from cancer treatment to materials engineering.

Working hard

Dr. Joan Elsalves, a researcher contracted by Ecuador's Federal Weather Bureau, was collecting materials for a campfire when she noticed the 22-inch creature dart between bushes.

The researchers stumbled on the bug-eyed critter while setting up camp after a long hike into a highly remote area of Ecuador—perhaps the most biologically diverse country in the world and home to volcanoes, Amazon forests and the Andes Mountains. The Ecuador's Federal Weather Bureau, was collecting materials for a campfire when she noticed the 22-inch creature dart between bushes. Enthralled by it's bright blue skin, she decided to chase and eventually capture the animal. She realised she had found something unusual.

Honey bees on

your hair

News worth sharing.

Bambi runs no more

Laurie Bembenek dies aged 52
Efforts to clear name still ongoing

The prison escape of former Playboy Club bunny and Milwaukee police officer Laurie (Bambi) Bembenek popularized the phrase "Run Bambi Run" and seemed tailor-made for the TV movie it inspired.

But despite the fame garnered by her flight, Bembenek died having spent more than two decades insisting on her innocence, yet never fully clearing her name. Her attorney said yesterday those efforts will continue.

The 52-year-old died Saturday of liver failure at a hospice care centre in Portland, Ore.

Bembenek worked briefly as a Playboy Club waitress in Lake Geneva before becoming a police officer in Milwaukee. There she married Det. Fred Schultz, and was later convicted in 1982 of fatally shooting his ex-wife, Christine Schultz. Bembenek was sentenced to life in prison but maintained her innocence. In 1990, she escaped Taycheedah Correctional Institution in Fond du Lac and fled to Canada with then-fiancé Dominic Gugliatto.

Her story was made into a book and a 1993 TV movie starring Tatum O'Neal, "Woman on Trial: The Lawrencia Bembenek Story."

THE ASSOCIATED PRESS

MARK ELIAS/THE ASSOCIATED PRESS FILES

▶ Lawrencia Bembenek flanked by her layers in 1992

China. Mourning

▶ A woman holding a picture of her relatives, who were killed in a fire in an apartment building, walks through a crowd as they demand the truth in Shanghai, east China yesterday.

THE ASSOCIATED PRESS

Shanghai fire tragedy

Tens of thousands of Chinese swarmed yesterday to the site of a high-rise fire that killed 58 people to mourn and quietly cricitize a system that allowed illegal contracting and unsafe materials in the heart of China's most modern city.

Supreme Court to rule on sex case

A question now before the Supreme Court of Canada as to whether a person can give advance consent for sex could have some unforeseen implications for people with dementia or other disabling brain injuries.

The court is expected to rule in the next few months on whether an Ottawa woman voluntarily choked into unconsciousness before sex with her longtime partner could legally pre-consent or was in effect sexually assaulted. The case is ringing alarm bells among advocates for the elderly and raising concerns among those who care for them.

"What they're looking at is can you say when I become unconscious, as in this case, could I have pre-consented to sex?" said Jane Meadus, a lawyer at the Advocacy Centre for the Elderly in Toronto.

THE CANADIAN PRESS

Consent

How do long-term partners deal with one person being incapacitated through ill-health?

▶ Lauren Colla, a social worker at Baycrest nursing home, said intimacy can take many forms — from holding hands to kissing and to, yes, sexual intercourse.

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Emirates airline responds to job loss predictions

'Job creation' will result from acquisition of landing rights: President

The United Arab Emirates' flagship airline wants to "set the record straight" after the federal government argued that tens of thousands of Canadian jobs were at risk if it granted more landing rights to airlines from the Middle-Eastern country.

Dubai-based Emirates is rejecting the claim that Government House leader John Baird made twice in the House of Commons on Friday.

"With regards to the potential for 'tens of thousands of jobs' losses, Emirates has difficulty in understanding this assertion," said airline president Tim Clark in a statement sent to The Canadian Press yesterday.

"We can assure the Canadian government that the increased presence of Emirates in Canada will only deliver favourable benefits to the Canadian economy and in particular to the travelling public."

The dispute over landing rights between Canada and the U.A.E. escalated into a financial, diplomatic and military headache for the governing Conservatives that eventually resulted in the Persian Gulf coast country refusing to renew the lease of a critical Canadian military staging base near Dubai.

The Canadian Forces had been using Camp Mirage rent-free for the past nine years to get troops and equipment into Afghanistan. Moving to a new base is expected to cost Canadian taxpayers at least $300 million.

The U.A.E. has also imposed visa restrictions on visiting Canadians since the flap over landing rights.

THE CANADIAN PRESS

Facts on the fly

- An existing decade-old deal gives Emirates and Abu Dhabi-based Etihad Airways three flights each a week to Toronto.
- A source close to the negotiations had said the Emirates government was seeking daily flights for each airline to Toronto, Calgary and Vancouver.
- Canada came back with a counter offer, said the source, that actually reduced the current carrying capacity of the U.A.E. airlines.

Market moment

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OIL	TSX
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Bail us out: Ireland

JULIEN BEHAL/THE ASSOCIATED PRESS

"I will be recommending to the government that we should apply for this program."
IRELAND'S FINANCE MINISTER BRIAN LENIHAN

After weeks of denying it needed a bailout, Ireland yesterday became the second European country to ask for a multibillion-euro emergency loan to help stabilize its debt-ridden banks.

Other eurozone countries and the European Central Bank had pushed Dublin to accept help after anxiety over Ireland's massive bank-bailout bill threatened to spill over to other shaky economies.

THE ASSOCIATED PRESS

Rogers faces legal hit

$10M The Competition Bureau is asking the courts to order Rogers to immediately stop its ad campaign and pay the above penalty.

Rogers Communications Inc. could face more than $10 million in penalties for allegedly using misleading advertising to promote its talk-and-text discount wireless brand, Chatr.

The federal Competition Bureau said Friday its investigation has determined there is no evidence to support the claim that Chatr's mobile phone customers experience fewer dropped calls than they would at new rival wireless carriers. THE CANADIAN PRESS

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Statue. Poland

▶▶ Roman Catholic faithful attend the consecration of a giant statue of Jesus in Swiebodzin, Poland, yesterday.

PAWEL KALINOWSKI/THE ASSOCIATED PRESS

Heavenly figure a huge mistake?

Local businesspeople in Swiebodzin, Poland, hope a monument, dubbed Christ the King, will attract tourists and pilgrims and give the area an economic boost. But some Poles accuse the priest who created it of megalomania and say its grandiosity violates Jesus Christ's spirit of humility.

ALTERNATIVE PLAN DISMISSED TOO HASTILY

Urban Compass

STEVE COLLINS

City council got an earful from opponents of the $175-million redevelopment of Lansdowne Park at Friday's meeting, but there are few signs anyone's really listening.

An alternative plan by the Lansdowne Park Conservancy and big-time stadium designers NBBJ, to keep Lansdowne entirely public and run it on a non-profit basis, was dismissed last week by the city's chief procurement officer without any discussion of its merits or flaws.

Even if city staff are correct in their interpretation that the city's procurement rules don't oblige them to consider the competing bid, wouldn't common sense suggest at least looking at it?

Maybe things are getting better. At least John Martin, point man for the Conservancy, wasn't threatened with arrest for trespassing this time, as he was last year when he tried to attend a Lansdowne information session at city hall. He was accused of disrupting the process by presenting his ideas, which makes me wonder exactly what this process is.

"Many have asked at various stages in the process, What is the big hurry? Lansdowne's been there 150 years."

Instead, chief procurement officer Jeff Byrne wrote the Conservancy saying their bid was too late. Things have progressed too far with the Ottawa Sports Entertainment Group's plan since council approved it in June.

But construction hasn't begun. Martin and crew say their plan — cheaper, more respectful of heritage buildings, and done without all those controversial retail, office and condo developments — is ready to go and could be completed in 30 months.

Many are also asking why a lame-duck council, a striking proportion of which has just been repudiated by electorate, is still making decisions on this matter, voting, for example, on a site plan today.

The details on Lansdowne regularly make my head hurt (this isn't, incidentally, hard to do) but I sat in on Martin's proposal last week, and it seems to have enough substance to merit something other than a rejection out of hand and a half-apologetic gesture toward the time-clock.

Many have asked at various stages in the process, What is the big hurry? Lansdowne's been there 150 years. Why not take the time to ensure we don't screw it up?

Supporters of the sole-sourced OSEG bid, both on and off council, have sometimes replied that there's no better plan on offer, that developers aren't exactly lining up to do this job.

Except we can clearly see someone else lining up, carrying what they say is a better plan. Is it really too late to even hear them out?

Cartoon

BOULDER OF SISYPHUS:

MICHAEL DE ADDER

Equality: The tie that binds

Letters & Tweets

We asked: What's the secret to a successful marriage?

TORONTO. Equality (or the closest thing to it) through compromise. Relationships divided on the traditional lines of gender, income or social status will almost always put one partner at a disadvantage. To attain equality, decisions within the marriage should be discussed with an open mind and a willingness to change views. **DION DALEY**

TORONTO. The secret is to not judge your partner. Always show you are loyal to them and support them. And, the most common phrase, never go to bed angry. Always solve your issues as they come. Letting them fester can cause frustration and resentment, which will lead to arguments that can cause strain in the relationship. Always being positive around your partner helps both to relax and not let small problems get in the way. **AMANPREET ATWAL**

TORONTO. Love, trust, respect. For better or for worse, there's no material equivalence. **FLORDELIZA DE CASTRO**

TORONTO. Commitment, honesty and responsibility will lead to a successful marriage. **HALIME CELIK**

Any advice for William and Kate?

JON SUPER/THE ASSOCIATED PRESS

What's on your Christmas wish list?

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Metro Minute with the Forum Lectures

Mirko Zardini, director and chief curator of the Canadian Centre for Architecture, will continue the 2010-2011 Forum Lecture Series with a presentation tonight.

His lecture — part of the series by Carleton University's Azrieli School of Architecture and Urbanism — is entitled Is it True? Critical Space, Urgent Matters, and will take place at the National Gallery of Canada.

The popular series brings several national and international architects to Ottawa to educate students, faculty and the general public about the profession and the impact that architecture has on design. Past speakers include Moshe Safdie, Arthur Erickson and Daniel Libeskind.

The lecture begins at 6 p.m. It is free and open to the public. **TRACEY TONG**

TRACEY TONG/METRO

▶ Mirko Zardini speaks at the National Gallery of Canada at 6 p.m.

2 scene

SUBMITTED

▶ Cher stars with Christina Aguilera in Burlesque

Cher back on top with Burlesque

With a successful residency in Vegas and a new album in the works, Cher isn't slowing down ◐ New movie, Burlesque, debuts this month

NED EHRBAR
SCENE@METRONEWS.CA

After more than 45 years in the entertainment industry as a singer, actress and cultural icon, Cher has plenty to celebrate.

But is there anything she regrets not doing? "Marlon Brando," she says before bursting out laughing. She composes herself before explaining that she did meet with the legendary actor once. "I regret not... meeting him more," she explains. "It was great. We had the best time. But I was trying to make my marriage work — it didn't work anyway."

After a farewell tour that went on for three years, a successful residency in Las Vegas and a new album in the works for 2011, it's clear Cher isn't going anywhere — especially with her return to the big screen, Burlesque, debuting this month.

"I don't think I'm going any place yet. They're going to have to carry me out feet first."
CHER

As something of an elder stateswoman in the world of pop, Cher has a few opinions about how the cultural landscape has changed. "When Sonny and I first came out, I had a clothing line right away," she says. "But now it's a different thing. You sing one song and you've got a perfume."

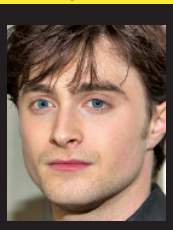
While she admits she doesn't see much more film work in her future, Cher enjoyed getting into her character for Burlesque, the owner and headliner of a nightclub on the Sunset Strip in Hollywood, noting that she and her on-screen alter ego have a lot in common.

"She's getting older and so am I. The difference is that she's moving over so that someone else can take her place, and I'm not really ready to do that."

Eternal diva

- **Even after** more than four decades in showbiz, Cher is not going anywhere.
- **The American** recording artist and actress says she wished she saw more of another cultural icon, Marlon Brando.
- **Cher stars** alongside singer-turned-actress Christina Aguilera in new movie Burlesque.

Harry Potter



Harry Potter is on the way to his biggest magic act yet.

Harry Potter and the Deathly Hallows: Part 1 conjured up $61.2 million domestically in its first day, positioning it for the best opening weekend for the series.

Friday's haul puts Deathly Hallows on track to shoot past the franchise's previous high of $102.7 million.

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Scan this code or visit metronews.ca/scene for complete coverage of last night's American Music Awards.

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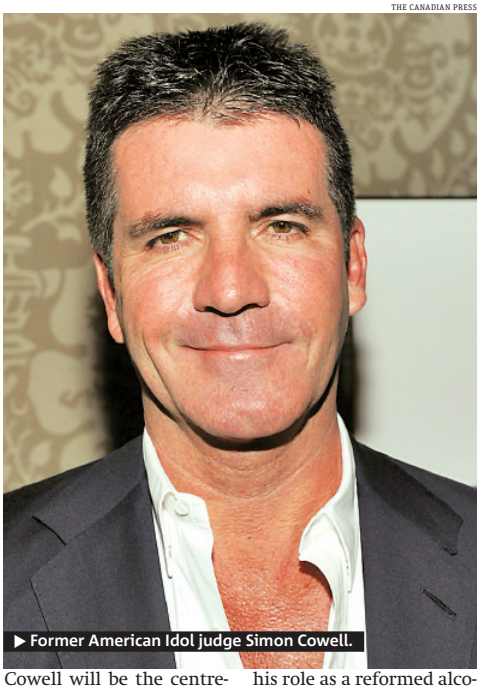
A kinder Cowell will be honoured

Simon Cowell will be awarded at the International Emmys As American Idol judge he helped raise more than $180 million US for charity Launched an American version of The X Factor after leaving Idol

THE CANADIAN PRESS



▶ Former American Idol judge Simon Cowell.

Simon Cowell's kinder side will be spotlighted when the former American Idol judge is honoured at the 38th Annual International Emmy Awards.

Cowell, who left Idol earlier this year to launch an American version of his hit British singing competition The X Factor next year, will be presented with the International Emmy Founders Award in recognition of both his television achievements and extensive charitable work. The awards ceremony will take place Monday night at the Hilton New York Hotel.

"Here's a guy who has really changed television," said Bruce L. Paisner, president and CEO of the International Academy of Television Arts & Sciences. "He has taken the form of the television talent show, reinvented and repositioned it, and made it must-view television."

The presentation to Cowell will be the centrepiece of the awards show, hosted by former Beverly Hills 90210 star Jason Priestley, in which 39 nominees from 15 countries will be vying in 10 categories for International Emmys, honouring excellence in TV programming outside the U.S.

British television productions garnered a leading nine nominations, including two for The Street, the BBC1 series about the lives of different residents on a road in northwest England. The Street is in contention for best drama series and best actor for Bob Hoskins for his role as a reformed alcoholic who runs a pub and stands up to the neighbourhood mobster.

Helena Bonham Carter is among the nominees for best actress for the biopic Enid, on BBC4, in which she portrayed the popular British children's writer Enid Blyton, who had a troubled personal life.

The Argentine crime miniseries Epitafios, produced by HBO Latin America, also received two nominations — for best drama series and best actor, with Leonardo Sbaraglia cited for his role as an assassin.

THE ASSOCIATED PRESS

Rihanna, Black Eyed Peas and Taylor set tone at AMAs

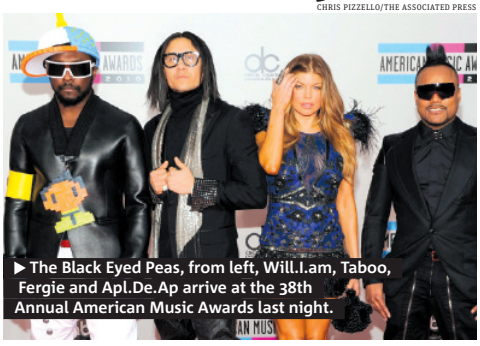
The Black Eyed Peas and Taylor Swift were among the early winners at American Music Awards last night, but the ceremony was as much a showcase for acts with new albums as it was a celebration of the biggest achievers of 2010.

"This is amazing!" said an exuberant Rihanna, who danced onstage to receive her award — favourite soul/R&B female. She ended her speech by yelling, "Wassup! Thank you!"

Rihanna, with her hair dyed a ruby red, gave the show a colourful and sexy start, performing a medley of songs from her just released album, Loud, including the No. 1 hit What's My Name, wearing a bustier and what seemed like a scarf wrapped around her backside.

The Black Eyed Peas, winners for favourite pop/rock band, gave a levitating performance, singing from boxes atop the stage during part of their performance of their new single, The Time.

CHRIS PIZZELLO/THE ASSOCIATED PRESS



▶ The Black Eyed Peas, from left, Will.I.am, Taboo, Fergie and Apl.De.Ap arrive at the 38th Annual American Music Awards last night.

But some of the primetime performances were given to acts who weren't nominated, but had albums to promote. Diddy's latest incarnation with the group Diddy-Dirty Money sang material from their upcoming album, while Kid Rock gave a stirring, acoustic performance of Times Like These, his song lifting up his hometown of Detroit during its recent economic struggles, from his new CD, Born Free.

Swift, last year's artist of the year, took home favourite country female. Sporting sleek blonde hair instead of her usual cascading curls, Swift said simply: "I just want to thank the fans."

The night's top nominees were Eminem and Lady Antebellum with five apiece.

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Lohan gets axed from new movie

The troubled young star will no longer be playing adult film star Linda Lovelace in the film Inferno

The next acting job Lindsay Lohan was relying on has gone away.

Inferno director Matthew Wilder tells E! News that the troubled starlet will no longer be playing adult film star Linda Lovelace in his movie.

"We have stuck by Lindsay very patiently for a long time with a lot of love and support," Wilder says.

"Ultimately, the impossibility of insuring her — and some other issues — have made it impossible for us to go forward."

A rep for Lohan says the decision was "mutual" and that Lohan is "concentrating on her recovery."

Actress Malin Akerman has reportedly already stepped in to take the role, according to Deadline Hollywood.

METRO

ALL PHOTOS: GETTY IMAGES

▶ Lindsay Lohan has been dropped from what was to be her next movie.

Celebrity tweets

Taylor Swift [@taylorswift13]
Just went shopping at at a Japanese dept and found the biggest journal/stationery section over!!! It was like heaven. Well, for me.

Diablo Cody [@diablocody]
I was so busy making cooler-than-thou jokes about Taylor Swift that I didn't notice my index finger buying every one of her new songs.

Talking points

Snipes heads to jail

TAX EVASION. After years of fighting his tax evasion conviction, Wesley Snipes has turned himself into authorities to begin serving his three-year prison sentence, according to TMZ.

Snipes was taken into custody over the weekend after a judge revoked his bail.

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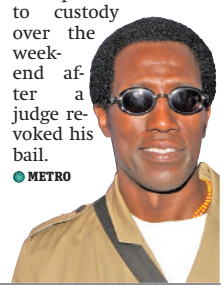
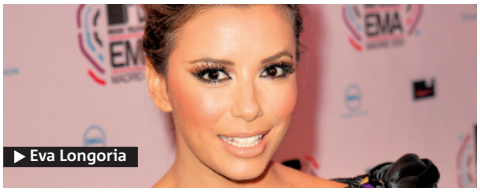


Parker on defence

After denying allegations of infidelity, Tony Parker has reportedly filed his own divorce petition against the actress, according to TMZ.

The filing reportedly claims that the couple's marriage has become "insupportable because of discord or conflict of personalities between Petitioner and Respondent that destroys the legitimate ends of the marriage relationships and prevents any reasonable expectation of reconciliation." METRO



▶ Eva Longoria

Aguilera opens up

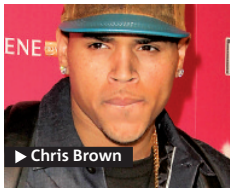
Christina Aguilera has kept pretty quiet about her separation from husband Jordan Bratman, but she opened up about it with talk-show host Chelsea Handler.

"I'm doing good. I'm doing really good. Sometimes change is good," Aguilera says.

"I'm entering a whole different chapter of my life now with the movie and my son and being a mother and the next evolution of my life. It's going good."

METRO

▶ Christina Aguilera

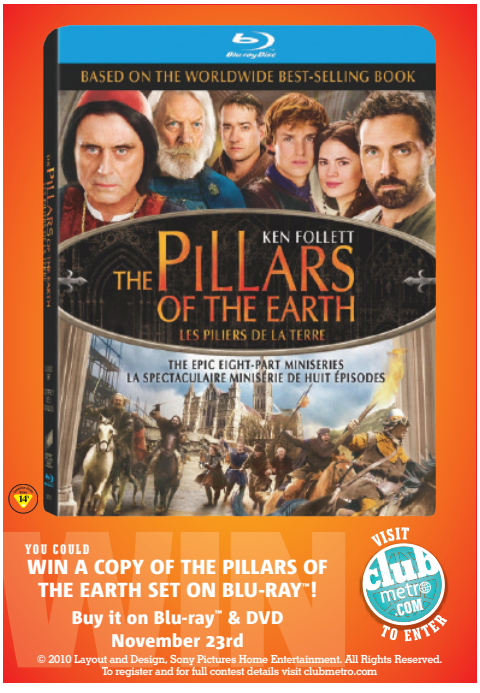


▶ Chris Brown

Brown impresses

During a probation progress report for Chris Brown's assault conviction — from clashing Rihanna in 2009 — the judge was impressed with the singer, saying of Brown, "No one has done a more consistent job than you have."

Brown has 819 hours of community service to complete. METRO



With her trademark humour, Sedaris' new book roasts the 1970s-era earnestness often associated with crafting Despite the book's irreverence, Sedaris hopes it will inspire readers to remember the crafts they once loved

AP PHOTO/GRAND CENTRAL PUBLISHING

The Painted Rocks project from Simple Times

AP PHOTO/GRAND CENTRAL PUBLISHING

Stars made with marshmallows, toothpicks and glitter

AP PHOTO/GRAND CENTRAL PUBLISHING

Mexican Sugar Skulls project from Simple Times

Amy Sedaris gets crafty in Simple Times

Amy Sedaris grew up making crafts, but that doesn't mean she has to like them.

"I hate crafts," Sedaris said with an upbeat grin as she kicked off a book tour to promote Simple Times: Crafts for Poor People – the tongue-in-cheek guide she wrote with collaborator Paul Dinello.

With her trademark humour, Sedaris roasts the 1970s-era earnestness often associated with crafting, with chapters such as Crafting for Jesus, and Teenagers Have a Lot of Pain. But she also offers plenty of inventive ideas, and conveys warmth and knowledge about her subject.

Sedaris grew up making crafts in North Carolina with her family, including her brother, the humour writer David Sedaris.

"At Christmas, we would make all of our ornaments out of papier-mache and Styrofoam balls and things like that," she said. She continued to craft throughout her teens as a Girl Scout and member of Junior Achievement, selling handmade items door to door.

"The whole point of the book is that if you have a hobby, or had a hobby, get back into it."
AMY SEDARIS

Still, after a year of incessant crafting for the book, the only project she still can stand is weaving simple pot holders out of cotton loops.

"I make those when I'm on an airplane or when I'm watching TV because it prevents me from biting my fingernails," she said. "I sell them when I'm travelling."

Sedaris, a TV and movie actress perhaps best known for her Comedy Central series Strangers with Candy, is also a baker who has sold homemade cupcakes and cheese balls out of bakeries and coffee shops in New York. (She now makes them upon request.)

The idea for a crafting book grew out of her previous book, I Like You: Hospitality Under the Influence, a humorous guide to entertaining, published in 2006. It ended with a crafts section, and "I didn't have much room for it," she said. "So I had in the back of my head that maybe one day I'll do a crafts book."

After the chapters were decided on, Sedaris transformed her apartment in New York's West Village into a workshop for hundreds of projects.

Collaborators included comedian Stephen Colbert, who showed how to make a pin out of pieces of broken china found on a beach, and designer Todd Oldham, who made a tinfoil bracelet — one of Sedaris' favourite pieces in the book.

A section on "out of this world" crafts was inspired by Neil Patrick Harris, a magic aficionado and Sedaris' co-star in an upcoming movie, The Best and the Brightest. It includes an alien mask made out of a pasta box, and stars made with marshmallows and toothpicks covered with glitter.

THE ASSOCIATED PRESS

Simple Times

Sedaris spent a year coming up with quirky chapter themes, such as crafts for people with various handicaps (Handicraftible).

- Those with anger issues are encouraged to distress a wooden box with scissors, "randomly stabbing it like you would a lover who has spurned you."
- A section on nature crafts offers instructions on making a worm composting bin, as well as nature-inspired recipes for mint juleps and stuffed mushrooms.
- The book includes a chapter on crafts that can be done by the poor.

3 life

Beat the bugs

If you don't want your family to fall victim to the flu this year, it's time to take preventive measures.

1. Wash your hands frequently. Viruses and bacteria are spread by contact, and can be picked up from doorknobs and other surfaces.

2. Avoid people who have colds or the flu. At the office or school, get people who are ill to stay home.

3. Fortify your immune system with vitamin D. Known as a bone-strengthening nutrient, research shows vitamin D is also a powerful immune booster.

4. Get plenty of sleep. A tired body has a more difficult time fighting off invaders like viruses.

5. Eat colourful foods. Antioxidant-rich fruits and veggies also support immune health and are excellent sources of vitamins, minerals and fibre.

NEWS CANADA

ScanLife
Elvis' stepbrother brings God and the King to the masses.

Easy gluten-free loaf

THE CANADIAN PRESS

▶ This cranberry-almond loaf is gluten-free.

Ingredients:

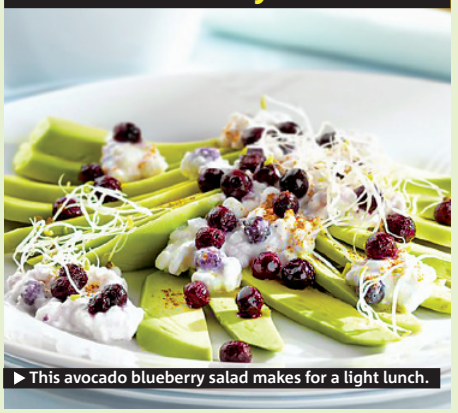
- 175 ml (3/4 cup) creamy roasted almond butter, room temperature
- 30 ml (2 tbsp) olive oil
- 3 large eggs
- 50 ml (1/4 cup) arrowroot powder
- 5 ml (1 tsp) salt
- 1 ml (1/4 tsp) baking soda
- 50 ml (1/4 cup) dried apricots, chopped into 5 mm (1/4 inch) pieces
- 125 (1/2) cup dried cranberries
- 50 ml (1/4 cup) sesame seeds
- 50 ml (1/4 cup) sunflower seeds
- 50 ml (1/4 cup) pumpkin seeds
- 50 ml (1/4 cup) sliced almonds, plus 30 ml (2 tbsp) to sprinkle on top

Preparation:

1. In a large bowl, blend almond butter, olive oil and eggs until smooth.
2. In a medium bowl, combine arrowroot powder, salt and baking soda. Blend arrowroot mixture into wet ingredients until thoroughly combined. Fold in apricots, cranberries, seeds and sliced almonds.
3. Grease a 1.5-l (3 1/2-by-7 1/2-by-2 1/4-inch) loaf pan with olive oil and dust with almond flour. Pour batter into loaf pan and sprinkle remaining sliced almonds on top.
4. Bake in a 180 C (350 F) oven for 40 to 50 minutes or until a knife inserted into centre comes out clean. Let bread cool in pan for 1 hour.
5. Store in cool place until ready to serve. Makes one loaf.

THE CANADIAN PRESS

Avocado blueberry salad



▶ This avocado blueberry salad makes for a light lunch.

Ingredients:

- 4 small avocados
- 30 ml (2 tbsp) lime juice
- pinch salt
- 300 ml (1 1/4 cup) frozen wild blueberries
- 250 ml (1 cup) 1 per cent cottage cheese
- 5 ml (1 tsp) honey
- pinch cayenne pepper (optional)
- 250 ml (1 cup) alfalfa sprouts

Preparation:

1. Cut avocados in half and remove pits and peel. Slice thinly.
2. Arrange slices on large plate. Drizzle with lime juice and sprinkle salt.
3. In a bowl, combine wild blueberries, cottage cheese and honey. Add cayenne, if using. Dollop over avocado slices and top with sprouts before serving.

WHEN YOU'RE HUNGRY YOU CAN'T THINK OF ANYTHING ELSE. THIS IS THE CASE FOR 43,000 PEOPLE WHO RECEIVE ASSISTANCE FROM THE OTTAWA FOOD BANK EVERY MONTH.

Visit theottawafoodbank.ca to help. For every $1 that you give, we can give $5 worth of food to people in need.

Ottawa Food Bank

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

03-18-10

Warding off a cocoa crisis

Chocolate could be as rare and expensive as caviar in 20 years: Experts But fair trade and technology could prevent a global chocolate crisis from taking place

CONTRIBUTED

CÉLIA PEDROSO
METRO WORLD NEWS

The disturbing news spread like wildfire in forums and websites across the Internet: chocolate could be extremely rare and pricey in 20 years' time, experts claim.

Despite this, the World Cocoa Foundation (WCF), a leading industry group in promoting sustainable cocoa farming, doesn't believe that prediction has to become reality and is helping farmers, in partnership with businesses, governments and research institutes, with the tools they need to succeed.

The startling revelation about chocolate gathered strength just last week when John Mason, founder of the Ghana-based Nature Conservation Research Council, told British newspaper the Independent that shortages in production in Africa — which produces around 70 per cent of worlds cocoa — will have worrying consequences.

"In 20 years chocolate will be like caviar. It will become so rare and so expensive that the average Joe just won't be able to afford it," Mason is quoted as saying.

However, Bill Guyton, the president of the WCF, is more optimistic. "While we understand the research data indicating that cocoa could become a rarity in 20 years time, the WCF does not believe that prediction has to become reality."

But in order to meet the growing demand for chocolate products, farmers must get better conditions, says Guyton.

"Cocoa farming will need to become more professionalized and the social, economic and environmental conditions for the millions of small-scale farmers who grow the crop in West Africa, Latin America and Southeast Asia need to be improved."

BRIGHT IDEAS

Question: I'm considering switching to LED holiday lights to decorate my house this year. If I decide to switch, what do I do with the old tangled string of lights?
Chris of Vancouver

Making the switch to more energy-efficient LED (light-emitting diode) holiday lights is an excellent tradition to establish this year.

LEDs use 90 per cent less energy, last 10 times longer, and are more durable because they don't have filaments or glass bulbs like traditional lights. Where they don't differ much is in the price. You might also want to purchase a timer to save even more money on your utility bill. As for recycling that old string of lights, you have a few options.

Most regional recycling facilities can help. Find out what you can recycle in your area by contacting the BC Recycling Council at 1-800-667-4321. In 2009, for example, BC Hydro set up an incandescent light-string recycling program in the Lower Mainland during the Bright Nights in Stanley Park seasonal event. No matter where you live, you can visit the website of your utility provider to see if it is hosting a similar local event. Various retailers, such as Home Depot, have also hosted holiday light exchanges in the past. Find out if your local hardware store is collecting old strings. Some stores will even reward your recycling and energy-saving efforts by offering discounts on LED options. Holiday LEDs is an e-commerce company that offers a program to recycle your lights. It's free, but you will have to pay to ship the lights to Michigan.

Consider getting together with friends or family and put together one parcel. In 2009/2010 Holiday LEDs recycled about 4,500 kilograms of old lights. Find the company online at HolidayLEDs.com or visit its Facebook page.

David Suzuki Foundation

Ottawa

City services 3-1-1
TTY 613-580-2401

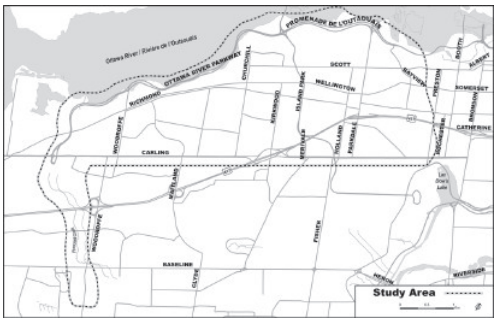
Western LRT Corridor:
Bayview to Baseline Station
Planning and Environmental Assessment Study
Public Open House and Presentation #1

The City of Ottawa is undertaking a planning and environmental assessment study for the Western Light Rail Transit Corridor (WLRTC), which will result in the expansion and improvement of the City's rapid transit network within the study area shown on the accompanying map. In combination with the Downtown Ottawa Transit Tunnel, completion of the WLRTC will provide a continuous LRT corridor between Baseline Station in the west through downtown Ottawa and east to Blair Station.

The WLRTC Study will be conducted in two phases to address the separate planning and environmental assessment requirements.

The first phase will identify and evaluate alternative rapid transit corridors and result in the development of a recommended plan to replace the existing bus rapid transit system with Light Rail Transit (LRT) between Bayview Station and Baseline Station. A comprehensive and open process with the public and stakeholders will help determine the best rapid transit corridor and design for LRT.

The second phase will involve an environmental assessment of the recommended plan to meet provincial and federal environmental assessment requirements.



There will be on-going public consultation activities during both phases of the WLRTC study, including several Public Open House events. This first Public Open House will provide an overview of the work underway, including information on the existing socio-economic and natural environment within the study area, project need and justification, project planning objectives and design criteria, alternative transit corridors, transit technology, and the methodology proposed to evaluate alternative transit corridors.

Your Input is Needed!
Your participation in the planning phase is important. The Public Open House will run from 5:30 p.m. to 8:30 p.m. A Presentation will begin at 7:00 p.m.

Monday, 29 November 2010
Tom Brown Arena
Upper Hall
141 Bayview Road, Ottawa
Transit Routes: 16, 18, Transitway Routes and O-Train (Bayview Station)

Project Information
Information on the WLRTC study is available on the City's project web site at: **www.ottawa.ca/westernLRT**. In addition, you can send comments by email, regular mail or fax using the contact information provided below.

Project Contact
Kornel Mucsi, Ph.D., P.Eng.
Senior Project Manager
City of Ottawa
110 Laurier Avenue West, 4th Floor
Ottawa, ON K1P 1J1
Fax: 613-580-2578
E-mail: kornel.mucsi@ottawa.ca

The Project Environmental Assessment Phase will be initiated after completion of the Proect Planning Phase. This will consist of a coordinated EA that meets the requirements of the "Transit Project Assessment Process" (Ontario Regulation 231/08) under the Ontario Environmental Assessment Act (OEAA) and the requirements of the Canadian Environmental Assessment Act (CEAA).

LEADING THE FIGHT AGAINST VIOLENCE

The gunshot exploded through the night air, smashing the glass of the sandwich shop and shattering the spine of Louise Russo.

She had stopped to get her daughter a late-night snack and now she was lying on the floor bleeding and unable to move.

Months of surgery and therapy followed. She was alive but facing a new world filled with wheelchairs, health issues, a devastated family and the continued care of a special needs child.

Through the dark days of her despair came a moment of inspiration. "I wanted to turn a horrible tragedy into something positive."

Russo was injured by an underworld hit gone wrong. Since children and youth were her passion, she decided to reach out to communities torn apart by violent crime.

Since 2006 she has hosted two public walks against violence, talked to over 30,000 students in schools, and created the Louise Russo Youth and Leadership Awards.

Her message is clear. "Young people need to believe in themselves and realize their voices do count."

The gentle, shy and unassuming Louise Russo has become the face and force of an anti-violence movement in Canada. Now it's time to help and lend your voice to the cause.

Applications are being accepted from across Canada for the 2011 Youth and Leadership Awards. They're looking for young people between the ages of nine and 19 who have shown leadership to reduce violence in their communities.

Do you know someone? Is it you? Take a stand against violence with Louise Russo and make it a turning point for you and your community.

Youth gun violence rising

- Since 2002, youth accused of a gun-related offence has risen 32 per cent.
- Highest rates of overall gun violence in Canada is Vancouver, Winnipeg and Toronto.
- Youth gun violence is highest in Toronto and Saskatoon.

SOURCE: STATS CAN

PHOTO CREDIT: LUCAS OLENIUK-TORONTO STAR

▶ Louise Russo has become the face and force of an anti-violence movement in Canada.

Exceptional youth

The Louise Russo Youth and Leadership Awards are open to nine- to 19-year-olds who:

1. Demonstrate respect for others and responsibility to their schools and community.
2. Have been involved in leading a project that made a change in their community or school.
3. Have inspired others to continue with a good works initiative.

Applications can be downloaded from the Louise Russo W.A.V.E. (Working Against Violence Everyday) website: louiserussowave.ca.

Ottawa
City services 3-1-1
TTY 613-580-2401

The Mid-Centretown Community Design Plan
Community Open House
Your Opportunity to Be Involved

Tuesday November 30, 2010
Iona Hall, Knox Presbyterian Church
120 Lisgar Street
Open House: 5:30 to 8:30 p.m. Presentation: 6:30 p.m.

Please join us at our second Open House to learn about the emerging directions for the Community Design Plan. We will be presenting a preliminary vision on what the future of Mid-Centretown could look and feel like. We will be asking for your views on the vision for Mid-Centretown, focusing on:

- Buildings: What should new development look like?
- Streets: What are the options for improving the condition major streets?
- Parks & Public Realm: How can we make better use of the area's limited park space?
- Community Amenities: What is missing that could be introduced in future?
- Heritage: How can we protect the best heritage buildings while allowing the area to evolve?
- Mobility: How can we move people, bikes, buses and cars without overwhelming the community?

The project area is bounded by Kent Street on the west, Highway 417 on the south, Elgin Street on the east and the Central Area boundary (mostly Gloucester Street) on the north.

Join us to share your ideas and help bring the community design plan to life
Visit the City's website and community blog to read what others think about the urban issues affecting Mid-Centretown. Tell us what you think living in Mid-Centretown is all about and what you believe it can become in the future.

For more information, contact:
Bob Spicer, Planner III
Planning and Growth Management Department
City of Ottawa
110 Laurier Avenue West
Ottawa, ON K1P 1J1
613-580-2424 ext. 13858
E-mail: midcentretown@ottawa.ca
Blog : **midcentretowntomorrow.ca**

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metro
News worth sharing.

Business travellers really earn their vacations

Poll shows two-thirds of Canadians can use their business travel points for personal use The right credit card can make the most of rewards program

Everybody's working for the weekend — or even better, the week-off. If you're a small business owner who travels often, make sure your business travel credit card is working as hard as you are. With the right credit card, the trips that you have to take can help you accumulate points for the trips you want to take.

According to a recent poll by TD Canada Trust, two-thirds of Canadians can use the travel points they accumulate on business travel for personal use. Here are some tips on how to make the most of your credit card rewards program.

Accumulating points

Use your business travel credit card for as many business expenses as possible. It may seem simple, but the only way to accumulate points on your card is by using it. By using your card for most business expenses on a trip, you can avoid travelling with a lot of cash and you will earn more points with each trip.

Look for ways to double up

Some travel cards offer ways to accumulate double or triple the rewards. For instance, with a TD Business Travel Visa Card, you earn triple the rewards when you book travel on your credit card through the TD Travel Rewards Centre.

Redeeming points

You've earned your vacation time and your travel points, so there shouldn't be limitations on how you use them. Research your travel card to make sure it gives you the flexibility to redeem your travel points for any travel – not just hotel accommodations and flights, but room service, car rentals, airport parking and even taxes. When you get a chance to travel for leisure, it should be on your own terms, not someone else's.

NEWS CANADA

Randstad Open House for Call Centre Opportunities

Tuesday November 30th from 8 am to 5 pm

Randstad is associated with many of Ottawa's leading Call Centres and can assist in finding you career oriented employment.

Our clients look for **fluently bilingual** individuals who **have customer service and/or sales experience,** depending on the role. We offer both temporary and permanent job opportunities.

Don't miss out - Attend our Open House! Ask for Jennifer or Sarah.
Please bring your resume and business references.

Randstad National Capital Contact Centre
52 Elgin Street (corner of Queen)
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randstad.ca

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866·615·1226

Don't leave yourself exposed

Facebook, Myspace, and Twitter can be a great way to stay in touch.

However, if you have an open profile on any social networking site, it's a good idea to go into the privacy settings and mark it "closed" so only the friends on your list can see the details of your profile.

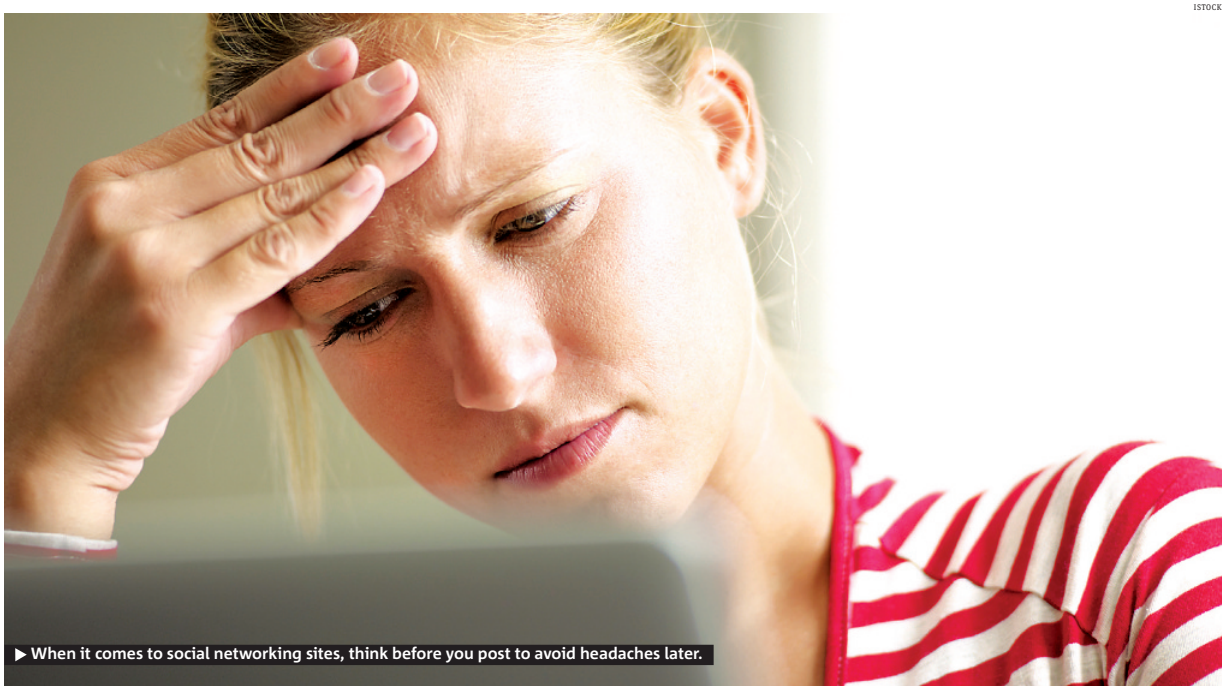
The privacy settings give you lots of options — you can even limit what different friends see. For example, you can adjust the settings so only close friends can see everything.

Some websites will even allow you to change the setting on a single picture or photo album that you may not want to share with everyone on your friends' list.

Another good idea is making sure your password is strong. Using eight characters or more is recommended because the more characters you use, the stronger the password will be. NEWS CANADA

- Sure, posting vacation snapshots or humorous status updates may seem like a good idea, but it could also backfire on you personally and professionally
- Online mistakes can lead to real-world consequences

ISTOCK



▶ When it comes to social networking sites, think before you post to avoid headaches later.

Do you know who your online friends are?

Did you know you can be fired from your job for an inappropriate Facebook status, a questionable Myspace photo or a controversial Tweet?

You may think it can't happen, but it can, and it does. And there are worse repercussions than being fired, too.

That's why it's important to watch what you post online.

Your real-life reputation is based on your interactions and the way you compose yourself in real-world, face-to-face circumstances. Just as you have a real-world reputation, you also have an online reputation.

It's easy to think that because of the disconnected nature of the Internet, the things you post online won't harm your real-world reputation. Unfortunately, this is not the case.

Just because you are posting from the comfort of a computer screen doesn't mean the post is not associated with you.

Even if your privacy settings are set so that only your friends can see what you are posting, word can travel fast.

Someone can always see a questionable post from you and report it to a boss, parent, teacher, spouse or friend.

Before you post anything online — be it a picture, status update, comment or wall post — make sure it's something you are comfortable being associated with. If there is a picture or comment you're unsure about, don't post it.

If you are feeling angry or emotional, you probably shouldn't post it. If there is a picture of you engaging in an inappropriate activity, definitely don't post it.

Make sure that the person you reflect online is the person you want to reflect in the real world. NEWS CANADA

Online privacy

- Stoddart encourages parents to take the time to talk to their kids about privacy and the value of their personal information.
- Privacy is a fundamental right in our society, and personal information should only be collected with your permission.
- Visit youthprivacy.ca for more information.

Listen to your online instincts

While social networking sites such as Facebook and Twitter can be great tools, it's important to remember they're public and permanent. That's why it's important to make sure you know the people you are adding as "friends."

When online, it's difficult to be 100 per cent sure of people's true identities. If online friends have little or no real-world connection, always use caution. The more real-world connections with an online friend, the more confident you can be in sharing information with that person. While you can be confident in sharing your vacation photos online with your real-life best friend, you might want to think twice about sending those photos to the friend you met through another friend while online. NEWS CANADA

Saving cash for education

- Education can lead to a brighter future, but paying for it can be costly
- Colleges, universities and trade schools can open doors

ISTOCK IMAGES

▶ A few pennies today can add up in the future.

Even parents with little or no income can get money from the government to start a post-secondary education savings plan for their child.

Here important things you should know about starting a Registered Education Savings Plan (RESP).

The earlier the saving, the more affordable an education.

Even a few pennies a day can help create a promising future for your child through the CESG — Canada Education Savings Grant.

The federal government has money available for all families. The earlier you start putting money into an RESP, the faster that money will grow.

Even families with modest incomes can start an RESP.

Anyone in Canada can open an RESP for a child regardless of their income. The government could give you between two and four dollars for every $10 you save in the form of a Canada Education Savings Grant.

Your child could also receive the $500 Canada Learning Bond.

If you receive the National Child Benefit Supplement and your child was born after Dec. 31, 2003, the $500 Canada Learning Bond will be deposited into your child's RESP.

The government will give an additional $100 each year — up to age 15 — as long as your family continues to receive the supplement.

How to choose your RESP.

Be sure to ask your bank or financial institution if they offer the Canada Learning Bond and the Canada Education Savings Grant. They can inform you on how to set up an RESP and about any service charge fees and conditions.

Shop around and compare the costs and types of RESPs to find the plan that best suits your needs.

You can get more information about RESPs and a list of questions to ask your bank or financial organization at CanLearn.ca.

NEWS CANADA

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A helping hand for students

Many students look for ways to earn money to cover the costs of post-secondary education.

According to an RBC poll, 35 per cent of students plan to rely on scholarships and/or bursaries to support themselves while in school.

Below, are a few scholarships available to students:

- RBC awards more than $300,000 in scholarships. Explore all financial options by visiting rbcroyalbank.com/scholarships/
- Student Awards helps students find information on scholarships, bursaries, grants and other forms of financial assistance. It also offer unique scholarships to online members that are available at studentawards.com
- Canadian Merit Scholarship Foundation is for students with outstanding academic and leadership excellence. Visit cmsf.ca
- McGraw-Hill Ryerson Student Scholarship Award is designed to celebrate student learning and success in post-secondary education. Visit mcgrawhill.ca/microsites/scholarships/apply.php

WWW.NEWSCANADA.COM

Lessen financial worries

Working while in school may be a reality for many post-secondary students.

According to an RBC poll, 57 per cent of students plan to support themselves by working during the school year.

Furthermore, one quarter of these students say that 75 per cent of their summer earnings will go toward the cost of school.

"Scholarships are a great way to receive some well earned money to help you meet your goals and to allow you to attend the university or college you've always dreamed of," said Patricia Domingo, an investment planner at RBC.

It's important that students are aware of the sources of funding available to them, including:

Scholarships
There are hundreds of scholarships available to students to help pay for school. Research and determine what scholarships you are qualified for and best fit your needs.

ISTOCK IMAGES

▶ There are a number of ways to help pay for your degree.

Government grants and loans
The federal government student loans and grants are available to students of all different backgrounds and come in a variety of denominations.

Bursaries
Bursaries are available for all students that display financial need. NEWS CANADA

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Season done for Argos after Als run away with East final

48	17
ALOUETTES	ARGONAUTS

PAUL CHIASSON/THE CANADIAN PRESS

▶ Montreal's Tim Maypray returns a punt for an 85-yard touchdown in the first quarter.

Going

RYAN REMIORZ/THE CANADIAN PRESS

▶ Montreal's Avon Cobourne crosses the goal line for a third-quarter touchdown.

Going

PAUL CHIASSON/THE CANADIAN PRESS

▶ Cleo Lemon and Mike Bradwell walk off the field after the Argos' loss.

Gone

The Toronto Argonauts haven't been anywhere near the playoffs since 2007, so seen in that light this season's run to the East Division final should be considered a wild success.

But in the aftermath of a 48-17 pummelling from the defending Grey Cup champion Montreal Alouettes yesterday, Argos head coach Jim Barker simply could not see it that way.

"I'm disappointed for our guys," Barker said. "It has been a beautiful journey for our guys. But this is a beginning for us, it's not an end. It's about learning form this experience, like every loss we've had this year."

The Argonauts won 10 games this year, including last weekend's 16-13 victory over Hamilton at Ivor Wynne Stadium that marked the franchise's first playoff triumph in four years.

Since Don Matthews took over as Argos head coach 10 games into the 2008 season, the franchise had won only three of its previous 26 games before Barker arrived on the scene.

The dividends were immediate as the Argos needed only four weeks to match that three-win total under Barker.

"Maybe tomorrow I'll look back like that, but right now I feel disappointed for our players, I feel like I didn't do enough," Barker said. "Every player in that locker-room, every coach in that locker-room gave it everything they had this week. They put their hearts on the line all week long."

With an excellent defence to build around, the number 1 issue for the Argos this off-season will be the future of embattled starting quarterback Cleo Lemon.

He was clearly overmatched against Anthony Calvillo, finishing the East final with 169 yards on 11-of-21 passing with two interceptions and no touchdowns. He didn't complete his first pass until the second quarter, by which point it was already 17-0 Montreal and pretty much out of reach for an offence that struggles to score.

While he wouldn't assure that Lemon will be back next season, Barker pointed out that he led his team to 10 wins this season, more than the Argos had the two previous seasons combined.

Most importantly, Lemon got an endorsement from the man he faced off against yesterday.

"I think people haven't given Cleo Lemon enough credit, he's led his team to the Eastern final in his first year," Calvillo said. "They always talk about how he hasn't done it with his yards, but he's done enough to help that football team win.

"I told him he had an amazing year at the end of the game, and to keep working because he's only going to get better and that team is going to get better."

THE CANADIAN PRESS

Back for more?

Defending champion Montreal has a shot at a rare feat.

- The win gave Montreal a chance for a second straight Grey Cup when they face the West Division champion Saskatchewan Roughriders in Edmonton next Sunday in a rematch of last year's game.
- No team has won back-to-back Grey Cup titles since the Argonauts did it in 1996 and 1997.
- Montreal has only two wins in seven Grey Cup appearances in the last decade.

Riders earn another shot at the Cup

20	16
RIDERS	STAMPS

The Saskatchewan Roughriders are going back to the Grey Cup with an opportunity to exorcise the ghosts of last year's debacle in the CFL championship game.

The Roughriders downed the Calgary Stampeders 20-16 in a frigid West final yesterday at McMahon Stadium. They earned a rematch with the Alouettes, who beat them 28-27 last year.

Saskatchewan and Montreal meet next Sunday in Edmonton for the CFL's championship trophy.

Chris Getzlaf, Cary Koch and Wes Cates scored touchdowns for the Roughriders yesterday.

Arjei Franklin scored Calgary's lone TD with Rob Maver kicking two field goals and Burke Dales adding three single points.

Light snow falling and a windchill of -24 C at kick-off greeted an announced sellout crowd of 35,260 at McMahon. A light dusting of snow on the turf made footing for players treacherous, particularly for the kick returners.

Conditions further deteriorated during the game as the temperature nosedived and snow began falling again in the third quarter.

Calgary had the best offence in the CFL this season but didn't get on track yesterday. Quarterback Henry Burris completed 19 of 28 passes for 225 yards. He threw one touchdown and one interception.

Saskatchewan counterpart Darian Durant didn't have strong numbers going 20-for-36, but he threw one more touchdown pass than Burris and was also intercepted once.

Getzlaf, a Regina native, led all receivers with eight catches for 109 yards.

THE CANADIAN PRESS

4 sports

1. Titans QB Vince Young has a torn flexor tendon in his right thumb and may need season-ending surgery.

2. Jimmie Johnson won his record fifth straight Sprint Cup title.

3. A person with knowledge of the situation says the New York Mets have hired Terry Collins as their manager.

THE ASSOCIATED PRESS

Scan code for more sports

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	21	14	5	1	1	74	59	30	10-1-0-1	4-4-1-0	7-1-1-1	L2
d-Philadelphia	21	13	6	2	0	75	53	28	8-4-0-0	5-2-2-0	7-2-1-0	W1
d-Montreal	20	13	6	1	0	51	39	27	7-4-1-0	6-2-0-0	6-4-0-0	W1
Boston	18	11	5	0	2	54	35	24	4-4-0-2	7-1-0-0	5-3-0-2	L1
Tampa Bay	20	11	7	2	0	62	64	24	4-2-1-0	7-5-1-0	4-5-1-0	W3
Pittsburgh	21	11	8	2	0	66	57	24	5-5-1-0	6-3-1-0	6-3-1-0	W2
NY Rangers	21	11	9	1	0	63	59	23	4-6-1-0	7-3-0-0	5-5-0-0	W1
Atlanta	21	9	9	1	2	65	70	21	5-5-0-1	4-4-1-1	4-5-0-1	W2
Carolina	20	9	9	0	2	63	68	20	5-3-0-1	4-6-0-1	4-4-0-2	L2
Ottawa	20	9	10	1	0	49	65	19	5-4-0-0	4-6-1-0	5-5-0-0	L3
Buffalo	22	8	11	3	0	58	68	19	3-7-1-0	5-4-1-0	5-4-1-0	L1
Florida	18	9	9	0	0	50	45	18	5-2-0-0	4-7-0-0	6-4-0-0	W1
Toronto	19	7	9	1	2	43	54	17	5-4-1-1	2-5-0-1	2-6-0-2	L1
New Jersey	20	5	13	1	1	36	65	12	1-5-1-1	4-8-0-0	3-6-0-1	L3
NY Islanders	20	4	12	2	2	41	68	12	2-4-0-1	2-8-2-1	0-8-1-1	L13

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	18	13	3	1	1	66	48	28	9-1-1-1	4-2-0-0	8-1-1-0	W1
d-Los Angeles	19	13	6	0	0	59	46	26	8-1-0-0	5-5-0-0	7-3-0-0	W1
d-Colorado	20	12	7	1	0	72	60	25	6-4-0-0	5-4-1-0	7-3-0-0	W4
St. Louis	19	11	5	1	2	52	51	25	8-0-0-1	3-5-1-1	6-3-0-1	W2
Columbus	18	12	6	0	0	53	44	24	5-5-0-0	7-1-0-0	7-3-0-0	W3
Chicago	23	11	10	1	1	71	67	24	5-7-0-0	6-3-1-1	4-5-0-1	W1
Vancouver	19	10	6	1	2	56	53	23	6-1-0-1	4-5-1-1	6-3-1-0	L3
Phoenix	19	9	5	4	1	54	57	23	4-2-2-1	5-3-2-0	6-2-1-1	W5
Anaheim	22	10	9	2	1	55	65	23	7-2-0-1	3-7-2-0	6-2-2-0	L4
Minnesota	19	10	7	0	2	46	47	22	6-4-0-1	4-3-0-1	5-5-0-0	L1
San Jose	19	9	6	4	0	55	52	22	6-3-2-0	3-3-2-0	4-3-3-0	L3
Dallas	18	10	7	0	1	56	53	21	7-3-0-1	3-4-0-0	5-4-0-1	L1
Nashville	18	9	6	3	0	47	49	21	3-1-3-0	6-5-0-0	4-6-0-0	W2
Calgary	19	8	10	1	0	58	59	17	5-5-0-0	3-5-1-0	2-7-1-0	L1
Edmonton	18	4	10	1	3	45	75	12	2-5-0-1	2-5-1-2	2-6-1-1	L6

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Atlanta 2 N.Y. Islanders 1 (OT)
Detroit 5 Calgary 4 (OT)
Edmonton at Anaheim
Phoenix at Vancouver
Saturday's results
Montreal 2 Toronto 0
Chicago 7 Vancouver 1
Colorado 4 Dallas 3 (SO)
Columbus 3 San Jose 0
Nashville 2 Carolina 1 (SO)
Florida 4 N.Y. Islanders 1
Los Angeles 4 Boston 3 (SO)
N.Y. Rangers 5 Minnesota 2
Philadelphia 5 Washington 4 (SO)
St. Louis 3 New Jersey 2
Tampa Bay 2 Buffalo 1
Tonight's games
(All times Eastern)
Dallas at Toronto, 7 p.m.
Washington at New Jersey, 7 p.m.
Calgary at N.Y. Rangers, 7 p.m.
Montreal at Philadelphia, 7 p.m.
Nashville at Columbus, 7 p.m.
Los Angeles at Ottawa, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Pittsburgh at Florida, 7:30 p.m.
Tomorrow's game
Edmonton at Phoenix, 9 p.m.

RED WINGS 5, FLAMES 4 (OT)

First Period
1. Detroit, Franzen 9 (Rafalski, Lidstrom) 1:56 (pp)
2. Calgary, Hagman 6 (Iginla) 5:21
Penalties — Regehr Cal (interference) 0:55, Jackman Cal (boarding) 7:07, Giordano Cal (holding) 10:38, Hagman Cal (holding) 17:38.
Second Period
3. Calgary, Iginla 7 (Stajan) 0:54
4. Calgary, Iginla 8 (Tanguay) 4:09 (pp)
Penalties — Bertuzzi Det (holding) 3:26, Backlund Cal, Abdelkader Det (roughing) 19:48.
Third Period
5. Detroit, Datsyuk 7 (Lidstrom, Rafalski) 2:28 (pp)
6. Calgary, Tanguay 6, 7:14
7. Detroit, Zetterberg 6 (Datsyuk, N.Kronwall) 11:04
8. Detroit, Zetterberg 7 (Datsyuk, Rafalski) 19:56 (pp)
Penalties — Sarich Cal (hooking) 1:53, Bertuzzi Det (interference, unsportsmanlike conduct) 8:02, Hagman Cal (slashing) 9:28, Stajan Cal (holding) 15:29, Iginla Cal, Abdelkader Det (unsportsmanlike conduct), Bouwmeester Cal (interference) 18:04.
Overtime
9. Detroit, Lidstrom 3 (Helm, Bertuzzi) 1:38
Penalties — None.
Shots

Calgary	6	13	8	0—27
Detroit	9	11	14	4—38

Goal — Calgary: Kiprusoff (L,7-9-1); Detroit: Howard (W,11-1-2). **Power plays (goals-chances)** — Calgary: 1-3; Detroit: 3-7. **Att.** — 19,636 (20,066) at Detroit.

SCORING LEADERS

	G	A	PT
Stamkos, TB	19	16	35
Crosby, Pgh	14	19	33
St. Louis, TB	8	19	27
Semin, Wash	14	12	26
Ovechkin, Wash	10	16	26
D.Sedin, Vcr	12	12	24
C.Stewart, Col	11	13	24
B.Richards, Dal	9	15	24
H.Sedin, Vcr	2	22	24
Giroux, Pha	11	12	23
Perry, Ana	10	13	23
Roy, Buf	9	14	23
E.Staal, Car	9	14	23
M.Richards, Pha	8	15	23
Sharp, Chi	12	10	22
P.Kane, Chi	8	14	22
Selanne, Ana	8	14	22
Backstrom, Wash	7	15	22
Hejduk, Col	7	15	22
Eriksson, Dal	9	12	21
J.Williams, LA	9	12	21
Getzlaf, Ana	7	14	21
P.Stastny, Col	8	12	20
Malkin, Pgh	7	13	20
Plekanec, Mtl	7	13	20
Liles, Col	3	17	20
Dubinsky, NYR	12	7	19
Neal, Dal	8	11	19
Heatley, SJ	7	12	19
Ladd, Atl	7	12	19

Not including last night's games

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	9	4	.692	—
New York	6	8	.429	3½
Toronto	5	9	.357	4½
New Jersey	4	9	.308	5
Philadelphia	3	10	.231	6

SOUTHEAST DIVISION

	W	L	Pct	GB
Orlando	9	3	.750	—
Atlanta	8	5	.615	1½
Miami	8	5	.615	1½
Charlotte	5	8	.385	4½
Washington	4	8	.333	5

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	7	4	.636	—
Indiana	5	6	.455	2
Cleveland	5	7	.417	2½
Detroit	5	8	.385	3
Milwaukee	5	8	.385	3

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
New Orleans	11	1	.917	—
San Antonio	11	1	.917	—
Dallas	8	4	.667	3
Memphis	5	9	.357	7
Houston	3	9	.250	8

NORTHWEST DIVISION

	W	L	Pct	GB
Oklahoma City	9	4	.692	—
Utah	9	5	.643	½
Portland	8	6	.571	1½
Denver	7	6	.538	2
Minnesota	4	10	.286	5½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Lakers	11	2	.846	—
Golden State	7	5	.583	3½
Phoenix	6	7	.462	5
Sacramento	4	8	.333	6½
L.A. Clippers	1	13	.071	10½

Yesterday's results
Toronto 102 Boston 101
New Orleans 75 Sacramento 71
Detroit 115 Washington 110 (OT)
Golden State at L.A. Lakers
Saturday's results
Charlotte 123 Phoenix 105
Orlando 90 Indiana 86
Memphis 97 Miami 95
Dallas 98 Atlanta 93
Oklahoma City 82 Milwaukee 81
San Antonio 116 Cleveland 92
Denver 107 New Jersey 103
Utah 103 Portland 94
New York 124 L.A. Clippers 115
Tonight's games
(All times Eastern)
Boston at Atlanta, 7 p.m.
Indiana at Miami, 7:30 p.m.
Minnesota at Oklahoma City, 8 p.m.
Phoenix at Houston, 8:30 p.m.
Orlando at San Antonio, 8:30 p.m.
Sacramento at Utah, 9 p.m.
Denver at Golden State, 10:30 p.m.
New Orleans at L.A. Clippers, 10:30 p.m.
Tomorrow's games
Cleveland at Indiana, 7 p.m.
Atlanta at New Jersey, 7 p.m.
Philadelphia at Washington, 7 p.m.
Charlotte at New York, 7:30 p.m.
Detroit at Dallas, 8:30 p.m.
Chicago at L.A. Lakers, 10:30 p.m.

RAPTORS 102, CELTICS 101

BOSTON (101)
Pierce 5-10 9-13 19, Garnett 6-12 0-0 12, S.O'Neal 2-8 4-4 8, Robinson 8-14 3-4 22, Allen 6-14 5-7 19, G.Davis 3-6 6-8 12, Erden 0-1 0-0 0, West 2-2 1-2 5, Daniels 2-4 0-0 4. Totals 34-71 28-38 101.
TORONTO (102)
Weems 8-20 0-0 16, Evans 3-5 3-5 9, Bargnani 9-20 9-13 29, Calderon 4-10 2-3 11, DeRozan 2-8 2-3 6, Johnson 4-5 9-9 17, Kleiza 1-2 0-0 2, Barbosa 3-6 5-6 12. Totals 34-76 30-39 102.

Boston	31	27	17	26 — 101
Toronto	23	38	21	20 — 102

3-Point Goals—Boston 5-13 (Robinson 3-6, Allen 2-5, Pierce 0-2), Toronto 4-15 (Bargnani 2-6, Calderon 1-2, Barbosa 1-3, Weems 0-4). Fouled Out—S.O'Neal. Rebounds—Boston 47 (Allen, Garnett 8), Toronto 51 (Evans 16). Assists—Boston 17 (Pierce 5), Toronto 16 (Barbosa 5). Total Fouls—Boston 28, Toronto 27. Technicals—Boston defensive three second, Calderon, Evans, Toronto defensive three second. A—17,707 (19,800) at Toronto.

LEADERS

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	11	101	88	308	28.0
Ellis, GOL	12	127	61	332	27.7
Bryant, LAL	13	113	94	339	26.1
Rose, CHI	11	109	45	277	25.2
Nowitzki, DAL	12	112	64	293	24.4
Anthony, DEN	13	117	73	317	24.4
Martin, HOU	12	80	100	285	23.8
Westbrook, OKC	13	95	111	305	23.5
James, MIA	13	102	88	304	23.4
Gordon, LAC	12	93	83	280	23.3
Stoudemire, NYK	14	119	81	324	23.1
Wade, MIA	12	91	82	275	22.9
Scola, HOU	12	110	51	271	22.6
Gasol, LAL	13	117	57	291	22.4
Beasley, MIN	13	115	47	291	22.4
Gay, MEM	14	121	44	307	21.9
Williams, UTA	14	98	87	302	21.6
Howard, ORL	12	89	79	257	21.4
Granger, IND	11	84	39	234	21.3
Bargnani, TOR	13	103	52	275	21.2
Pierce, BOS	12	90	48	247	20.6
Millsap, UTA	14	114	53	285	20.4
Ginobili, SAN	12	76	57	240	20.0

FIELD GOAL PERCENTAGE

	FG	FGA	PCT
Horford, ATL	96	147	.653
Gasol, MEM	59	98	.602
Okafor, NOR	48	80	.600
Warrick, PHX	50	84	.595
Howard, ORL	89	152	.586
Ibaka, OKC	58	100	.580
Odom, LAL	81	141	.574
Millsap, UTA	114	199	.573
Young, PHL	64	114	.561
Fields, NYK	57	103	.553
Gasol, LAL	117	215	.544
Parker, SAN	94	173	.543
Jefferson, SAN	63	117	.538
Arthur, MEM	57	106	.538
Noah, CHI	60	113	.531
Scola, HOU	110	208	.529
Weems, TOR	65	123	.528
Nowitzki, DAL	112	212	.528
West, NOR	81	154	.526
Marion, DAL	55	105	.524

3-POINT FIELD GOAL PERCENTAGE

	3FG	3FGA	PCT
Bonner, SAN	14	22	.636
Fisher, LAL	17	27	.630
Stevenson, DAL	13	23	.565
Korver, CHI	18	32	.563
Aminu, LAC	13	24	.542
Odom, LAL	10	19	.526
Paul, NOR	12	23	.522
Daye, DET	15	29	.517
Anderson, SAN	10	20	.500

Not including last night's games

TRANSACTIONS

HOCKEY

NHL

MINNESOTA WILD—Reassigned D Marco Scandella to Houston (AHL).
PHILADELPHIA FLYERS—Acquired F Rob Bordson and D Danny Syvret from Anaheim for F Patrick Maroon and F David Laliberte.
TAMPA BAY LIGHTNING—Reassigned F Johan Harju and D Mike Vernace to Norfolk (AHL).

ECHL

ELMIRA JACKALS—Announced F Ryan Hiller has been recalled by Syracuse (AHL).
READING ROYALS—Announced F Mikhail Stefanovich has been assigned to the team from Toronto (AHL).

SOCCER

MLS PLAYOFFS

THIRD ROUND

Championship
MLS Cup
At Toronto
Last night's result
Colorado vs. FC Dallas

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Chelsea	14	9	1	4	28	9	28
Man United	14	7	7	0	28	15	28
Arsenal	14	8	2	4	28	15	26
Man City	14	7	4	3	19	11	25
Bolton	14	5	7	2	26	20	22
Tottenham	14	6	4	4	21	19	22
Sunderland	13	4	7	2	15	13	19
Stoke	14	6	1	7	18	18	19
Liverpool	14	5	4	5	16	17	19
Newcastle	14	5	3	6	22	21	18
Blackburn	14	5	3	6	17	18	18
Blackpool	14	5	3	6	21	27	18
Aston Villa	14	4	5	5	15	20	17
Birmingham	14	3	7	4	15	17	16
West Brom	14	4	4	6	16	25	16
Everton	13	3	6	4	14	13	15
Fulham	14	2	8	4	14	17	14
Wigan	14	3	5	6	10	23	14
Wolverhampton	14	2	3	9	14	25	9
West Ham	14	1	6	7	11	25	9

Yesterday's results
Blackburn 2 Aston Villa 0
Fulham 1 Manchester City 4

GERMANY

BUNDESLIGA

Yesterday's results
Stuttgart 0 Cologne 1
St. Pauli 1 Wolfsburg 1

SPAIN

LA LIGA

Yesterday's results
Osasuna 1 Sporting Gijon 0
Espanyol 3 Hercules 0
Levante 3 Racing Santander 1
Deportivo La Coruna 3 Malaga 0
Sevilla 2 Mallorca 1
Real Sociedad 2 Atletico Madrid 4

ITALY

SERIE A

Yesterday's results
Genoa 0 Juventus 2
Brescia 1 Cagliari 2
Catania 1 Bari 0
Cesena 1 Palermo 2
Chievo Verona 2 Inter Milan 1
Lecce 2 Sampdoria 3
Parma 1 Lazio 1
Napoli 4 Bologna 1

FRANCE

LIGUE 1

Yesterday's results
Arles-Avignon 2 Bordeaux 4
Lille 2 Monaco 1
Lens 1 Lyon 3

CFL

PLAYOFFS

WEEK 21
Yesterday's results
Division Finals
East Division
Montreal 48 Toronto 17
West Division
Saskatchewan 20 Calgary 16
WEEK 22
Sunday, Nov. 28
98th Grey Cup
At Edmonton
Montreal vs. Saskatchewan, 6:30 p.m

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	8	2	0	.800	238	177
New England	8	2	0	.800	289	242
Miami	5	5	0	.500	172	208
Buffalo	2	8	0	.200	213	276
SOUTH						
Jacksonville	6	4	0	.600	220	270
Indianapolis	6	4	0	.600	268	216
Tennessee	5	5	0	.500	257	198
Houston	4	6	0	.400	244	287
NORTH						
Baltimore	7	3	0	.700	233	178
Pittsburgh	7	3	0	.700	235	165
Cleveland	3	7	0	.300	192	206
Cincinnati	2	8	0	.200	215	262
WEST						
Kansas City	6	4	0	.600	243	207
Oakland	5	5	0	.500	238	223
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Philadelphia	6	3	0	.667	257	209
N.Y. Giants	6	3	0	.667	236	193
Washington	5	5	0	.500	202	245
Dallas	3	7	0	.300	229	271
SOUTH						
Atlanta	8	2	0	.800	256	192
New Orleans	7	3	0	.700	235	170
Tampa Bay	7	3	0	.700	209	206
Carolina	1	9	0	.100	117	252
NORTH						
Chicago	7	3	0	.700	191	146
Green Bay	7	3	0	.700	252	146
Minnesota	3	7	0	.300	172	226
Detroit	2	8	0	.200	234	237
WEST						
Seattle	5	5	0	.500	185	233
St. Louis	4	6	0	.400	177	198
San Francisco	3	7	0	.300	160	219
Arizona	3	7	0	.300	188	292

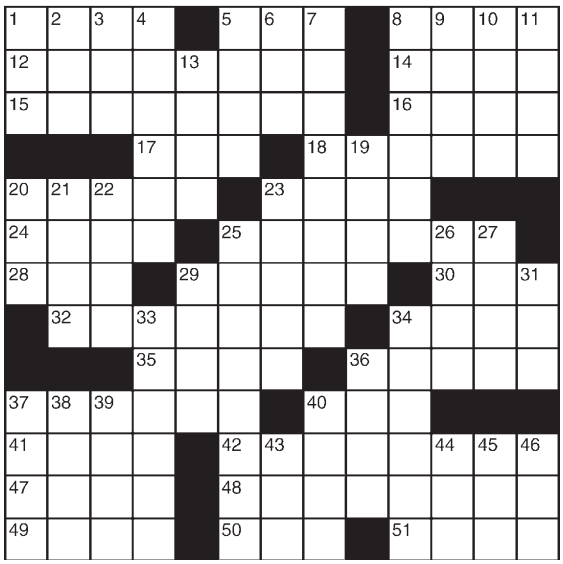
WEEK 11

Yesterday's results
Atlanta 34 St. Louis 17
Baltimore 37 Carolina 13
Buffalo 49 Cincinnati 31
Dallas 35 Detroit 19
Green Bay 31 Minnesota 3
Jacksonville 24 Cleveland 20
Kansas City 31 Arizona 13
New England 31 Indianapolis 28
New Orleans 34 Seattle 19
N.Y. Jets 30 Houston 27
Pittsburgh 35 Oakland 3
Tampa Bay 21 San Francisco 0
Washington 19 Tennessee 16 (OT)
N.Y. Giants at Philadelphia
Thursday's result
Chicago 16 Miami 0
Tonight's games
(All times Eastern)
Denver at San Diego, 8:30 p.m.

WEEK 12

Thursday, Nov. 25
New England at Detroit, 12:30 p.m.
New Orleans at Dallas, 4:15 p.m.
Cincinnati at N.Y. Jets, 8:20 p.m.
Sunday, Nov. 28
Green Bay at Atlanta, 1 p.m.
Tennessee at Houston, 1 p.m.
Minnesota at Washington, 1 p.m.
Pittsburgh at Buffalo, 1 p.m.
Carolina at Cleveland, 1 p.m.
Jacksonville at N.Y. Giants, 1 p.m.
Kansas City at Seattle, 4:05 p.m.
Miami at Oakland, 4:05 p.m.
Philadelphia at Chicago, 4:15 p.m.
St. Louis at Denver, 4:15 p.m.
Tampa Bay at Baltimore, 4:15 p.m.
San Diego at Indianapolis, 8:20 p.m.
Monday, Nov. 29
San Francisco at Arizona, 8:30 p.m.

Crossword



Across

1 Initial stake
5 Mandible
8 Jog
12 Take extra precautions
14 Inauguration recitation
15 Used by all
16 "Do — others ..."
17 Tokyo's old name
18 Abductor
20 Thread recommended by dentists
23 Dullard
24 Allergic reaction
25 Remark
28 Lubricant
29 Fugard's "A Lesson From —"
30 Aah's partner
32 Order
34 FDR is pictured on it
35 Roof overhang
36 Bowler hat
37 Graduates
40 Conger, for one
41 "The Bible Tells —"
42 Subway passenger, often
47 State with certainty
48 Citric quencher
49 Neat
50 Historic time
51 Business VIP

Down

1 Joan of —
2 Ultramodern (Pref.)
3 "Tiny" Dickens lad
4 Become interwoven
5 2007 Ellen Page movie
6 Altar constellation
7 Greeted
8 Hairpiece
9 Carry on
10 "Beetle Bailey" dog
11 Norse thunder god
13 Lather
19 Venus de Milo's lack
20 To and —
21 Secular
22 Scandinavian city
23 Frontiersman Daniel
25 Collarbone
26 Black (Fr.)
27 Mausoleum
29 "— for All Seasons"
31 Attention getter
33 "Cats" showstopper
34 "Clair —"
36 Showroom sample
37 He loves (Lat.)
38 Jeans pioneer Strauss
39 Secondhand
40 Actress Thompson
43 "— the ramparts ..."
44 April 15 payment
45 Netherlands city
46 Fun and games

▶ Yesterday's answer

D	E	C		S	O	F	A		A	R	T	S
O	V	A		T	A	I	L		L	U	R	E
C	A	N	B	E	R	R	A		K	N	O	W
		O	R	E	S			M	A	S	T	S
U	V	E	A	L		S	A	I	L			
R	A	I	N		C	A	N	T	I	C	L	E
S	I	N		H	E	L	O	T		O	E	R
A	N	G	L	I	C	A	N		P	R	I	G
			L	E	A	D		G	E	S	S	O
N	O	M	A	D			S	A	R	I		
A	L	U	M		P	E	M	M	I	C	A	N
P	E	T	A		A	R	U	M		A	G	E
S	O	T	S		D	A	T	A		N	O	W

Sudoku

3			9		4			1
	1		2		3		6	
		6				9		
		3	6		8	5		
2								6
		1	4		7	8		
		2				3		
	4		1		6		9	
9			5		2			7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	9	2	3	1	4	7	8	5
7	5	4	9	6	8	1	3	2
1	3	8	7	5	2	4	6	9
2	4	1	8	9	5	3	7	6
5	7	3	6	2	1	8	9	4
8	6	9	4	7	3	5	2	1
4	1	6	2	3	7	9	5	8
3	2	5	1	8	9	6	4	7
9	8	7	5	4	6	2	1	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

J.puff iloveu baby I might not be the best at expressing my love towards you but babe ilu more then anythg. Muahh <3 **YOURS && ONLY YOURS BULBUL (: .**

To my lovely wife, happy second wedding anniversary. We are on our way to growing old together. **LOVE ALWAYS. PAUL.**

Hello, Diva!!! I'm so glad You came to visit Family in Hungary. You are such a nice person to be with and we love You so much. **GRANDMA AGNES**

Sadiki, I honestly did not know what love is until you came into my life. Each and every day i love you more and more. I miss you more than anything and am counting the months until we can be together forever. Love you forever and always **143 LOVE LIZ**

Today 9°/2° Rain 90%
Tuesday 13°/-3° Rain 90%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 This is a marvelous time for travel and anything to do with expanding your horizons, both mentally and physically.

♉ Taurus April 21-May The Sun moves into the area of the heavens that governs investments and anything else that has a bearing on your material wealth today. Whatever your financial ills may be they will get better very soon.

♊ Gemini May 22-June 21 You have come in for some criticism of late and although not all of it was deserved you know that some of it was. So, have you learned from your mistakes? Of course you have – learning is what Gemini does best.

♋ Cancer June 22-July 22 The past few weeks have seen you at your most confident and dynamic but the Sun's change of signs today will bring back one or two minor doubts. But that's all they are – minor – so don't dwell on them.

♌ Leo July 23-Aug.23 You have so much confidence in yourself that there is just no way you will not be able to reach your goals. Anything is possible for you over the next four weeks.

♍ Virgo Aug. 24- Sept. 22 The Sun's entry into one of the more sensitive areas of your chart may make you a bit distrustful of people you don't know very well but don't take it to extremes.

♎ Libra Sept. 23-Oct. 23 Why are you dwelling on past mistakes when you should be thinking ahead to all the wonderful opportunities that will soon be coming to you?

♏ Scorpio Oct. 24-Nov. 22 The Sun moves out of your birth sign today and into the area of the sky that governs what you own and earn, which means it is time to turn your attention to matters of a worldly nature.

♐ Sagittarius Nov. 23-Dec. 21 A new solar year begins for you today and your first task is to decide what you intend to do with it. You must have a plan, even if it is only a vague outline of the path you hope to be taking.

♑ Capricorn Dec. 22-Jan. 20 You will be asking yourself some deep questions today, questions of the "what must I do with my life?" variety. Don't rush the answers – they will only come when the time is right.

♒ Aquarius Jan. 21-Feb. 18 You've been a bit pushy of late, and that's okay because it was the only way to get things done, but now you must take a more relaxed attitude to relationships.

♓ Pisces Feb. 19-March 20 Your voice will carry a lot more authority now that the Sun is crossing the midheaven angle of your chart. So what will you get people to do for you? SALLY BROMPTON

Caption contest

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ALIK KEPLICZ/THE ASSOCIATED PRESS

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10 Accent

- Load, A/C, Auto
- st: 31175
- km: 46334

$10,750
$87* Bi-weekly**

07 Mazda3 GS

- Load, A/C, Std
- st: 31389
- km: 90821

$8,970
$82* Bi-weekly**

10 Elantra

- Load, A/C, Auto
- st: 31215
- km: 38092

$13,840
$112* Bi-weekly

10 Accord LX

- Load, A/C, Auto
- st: 31038
- km: 1588

$23,830
$184* Bi-weekly**

06 Matrix

- Std
- st: 31091
- km: 91182

$8,940
$94* Bi-weekly

10 Sentra Xtronic CVT

- Load, A/C, Auto
- st: 31218
- km: 37455

$13,950
$113* Bi-weekly**

07 Hummer H3

- 4WD, Load, A/C
- st: 31131
- km: 62867

$24,890
$218 Bi-weekly**

06 Sienna LE

- AWD, Load, A/C
- st: 31417
- km: 75036

$17,860
$188* Bi-weekly

10 Camry LE

- Load, A/C, Auto
- st: 31289
- km: 54339

$17,950
$145* Bi-weekly**

07 Caliber SXT

- Load, A/C, Std
- st: 20604
- km: 79217

$8,940
$81 Bi-weekly**

07 Dodge Caravan

- Load, A/C
- st: 29885
- km: 90566

$9,940
$91 Bi-weekly**

07 Civic Coupe

- Load, A/C, Std
- st: 31207
- km: 77376

$11,650
$106 Bi-weekly**

06 Acura CSX

- Load, A/C, Auto
- st: 31358
- km: 107651

$10,980
$116* Bi-weekly

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09 Corolla LE

- A/C, Auto
- st: 29421
- km: 54541

$12,850
$104* Bi-weekly**

08 Mazda Tribute

- Load, A/C, Auto
- st: 29529
- km: 54497

$17,950
$145* Bi-weekly**

07 Dakota Magnum

- 4x4, Load, A/C
- st: 28111
- km: 56824

$16,860
$163 Bi-weekly**

08 Ford Ranger Sport

- Load, A/C, Auto
- st: 31293
- km: 80740

$12,760
$103* Bi-weekly**

09 Chevrolet G15

- Dual Sport, A/C, Auto
- st: 28312
- km: 38582

$21,860
$169 Bi-weekly**

09 Dakota SXT

- 4x4, Load, A/C, Auto
- st: 31252
- km: 48653

$19,750
$160* Bi-weekly**

08 Lancer

- Load, A/C, Std
- st: 31094
- km: 55009

$12,840
$104* Bi-weekly**

09 Nissan Versa

- Load, A/C, Auto
- st: 31321
- km: 57594

$11,850
$96* Bi-weekly**

06 GMC Canyon

- 4x4, A/C, Auto
- st: 29365
- km: 43250

$15,950
$168* Bi-weekly

08 Canyon SLE

- Load, A/C, Std
- st: 31347
- km: 44719

$13,750
$111* Bi-weekly**

08 Sierra 1500 SLE

- 4x4, Auto
- st: 31117
- km: 64548

$16,880
$137* Bi-weekly**

08 Ridgeline RTL

- 4x4, Load Lthr, Roof
- st: 28708
- km: 17184

$31,890
$254* Bi-weekly**

07 Escape XLT

- 4x4, Load, A/C, Auto
- st: 31385
- km: 98694

$13,890
$127 Bi-weekly**

06 Sportage LX

- Load, A/C, Auto
- st: 29936
- km: 98590

$10,850
$114* Bi-weekly

07 Raider LS

- Load, A/C, Auto
- st: 28990
- km: 37060

$17,890
$163* Bi-weekly

09 Frontier SE

- 4x4, Load A/C, Auto
- st: 28715
- km: 28793

$25,850
$200* Bi-weekly**

10 Ford F-250 XLT

- Lariat Diesel 4x4, Load
- st: 31268
- km: 33631

$39,960
$309* Bi-weekly**

08 Tacoma 4x4

- Load, A/C, Auto
- st: 29908
- km: 23590

$26,870
$223* Bi-weekly**

06 Outback S/W

- AWD, Load, A/C, Std
- st: 31079
- km: 98095

$13,840
$146* Bi-weekly

06 Tucson

- Load, A/C Std
- st: 31103
- km: 59840

$10,840
$114* Bi-weekly

07 Ford F-150

- Load, A/C, Auto
- st: 31013
- km: 66106

$17,420
$159 Bi-weekly**

07 Mazda B4000

- 4x4, A/C, Std
- st: 31349
- km: 82779

$13,980
$127 Bi-weekly**

09 Dodge Ram SLT

- 4x4, Load, A/C, Auto
- st: 29827
- km: 58042

$24,950
$193* Bi-weekly**

07 Avalanche LTZ

- 4x4, Load, Roof, Lthr
- st: 29846
- km: 80157

$27,630
$242 Bi-weekly**

09 Mazda5

- Load, A/C, Auto
- st: 29539
- km: 51972

$17,450
$141* Bi-weekly**

09 Jeep Liberty

- 4WD, Load, A/C, Auto
- st: 29150
- km: 55813

$17,950
$145* Bi-weekly**

06 Altima 2.5S

- Load, A/C, Auto
- st: 31136
- km: 97046

$10,640
$112* Bi-weekly

09 Suzuki SX4

- Load, A/C, Auto
- st: 28829
- km: 33943

$10,950
$97* Bi-weekly**

06 Santa Fe

- Load, A/C, Std
- st: 31096
- km: 75697

$10,480
$110* Bi-weekly

07 Yaris

- Auto
- st: 31408
- km: 66875

$8,430
$77 Bi-weekly**

07 Lucerne CXL

- Load, A/C, Lthr
- st: 31325
- km: 102601

$11,650
$106* Bi-weekly**

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